

## CRC PRICES

Type	Member (resident)	Member (non-resident)	Non-member (resident)	Non-member (non-resident)
Enrollment Fee	\$50-Individual \$75-Family/Couple	\$50-Individual \$75-Family/Couple	-	-
Adult Membership	\$55/mo	\$59/mo	-	-
Family Membership	\$80/mo	\$86/mo	-	-
Senior / Special Hours	\$39/mo	\$43/mo	-	-
Senior Couple / Special Hours	\$66/mo	\$72/mo	-	-
Adult Plus	\$38/mo	\$42/mo	-	-
Teen Fitness	\$25/mo	\$29/mo	-	-
Add-on YMCA Membership	FREE	FREE	Fee	Fee
Core class	FREE	FREE	Day Pass + \$5	Day Pass + \$5
Day Pass	-	-	\$9-Adult \$5-Youth	\$10-Adult \$7-Youth
Kids' Zone	FREE	FREE	\$4/child	\$4/child



## MEMBERSHIP CATEGORIES

**Adult:** Includes one adult and all children through the age of 21 living at the same address. Access all hours, all core programs.

**Family:** Two adults and all children through age of 21 living at the same address. Access all hours, all core programs.

**Senior/Special Hours:** One adult (21 and older), designed for seniors and those with flexible schedules. Access 10am to 4pm weekdays, and anytime on the weekends (access to other YMCA's are not included in this membership). Access all core programs during these hours. Children are not included in this membership.

**Couple Senior / Special Hours:** Two adults (21 and older), designed for seniors and those with flexible schedules. Access 10 am to 4pm weekdays, and anytime on the weekends (access to other YMCA's are not included in this membership). Access all core programs during these hours. Children are not included in this membership.

**Adult Plus:** Additional adult to a family membership, living at the same address. Access all hours, all core programs.

**Teen:** One teen, ages 13-18. Access all hours, all core programs.

## BENEFITS OF MEMBERSHIP

- Free group exercise classes
- Free aqua fitness classes at both the CRC and Aquatics Center
- Free lap and recreational swimming at both the CRC and Aquatics Center
- Free access for your children (up to age 21)
- Free use of open gym - volleyball / basketball / badminton / soccer
- Free access to the Skate Park
- Member prices for swim lessons and specialty classes
- Free access to 5 YMCA of Silicon Valley branches
- Use of YMCA facilities around the country while traveling

## CORE MEMBER PROGRAMS

Core fitness classes and FitInxx are free for members. The following are included with a membership.

- Group exercise classes
- Group cycling classes
- Fitness orientation
- Open gym
- Lap swim, aqua fitness, recreational swim at both the CRC and Aquatics Center

## HERE'S HOW YOU CAN GET INVOLVED

- Come to the Senior or Teen Center(s) for free.
- Join the fitness facility as an individual or family member.
- Pay to sign up for a specific class.
- Buy a Day Pass for a single visit.



# CRC CORE PROGRAMS

## AQUATICS

### INDOOR LAP SWIM

The Centennial Recreation Center Pool has the ability to accommodate three 20 yard lap lanes. During scheduled Lap Swim Times there will be a minimum of 1 lap lane available except for the below noted times.

**Location: Centennial Recreation Center**

Monday-Friday 5:00am-9:30pm

(Lap swim WILL NOT be available during these times;  
M/W/F 11:40am-12:50pm and M-TH 6:55pm-8:05pm)

Saturday 6:30am-7:30pm

(Lap swim WILL NOT be available from 7:55am-9:05am)

Sunday 8:00am-5:30pm

### OUTDOOR LAP SWIM

Lap swim is available at the Aquatics Center Competition Pool. Current CRC membership or day pass fees apply for General Public Lap Swim. During scheduled lap swim times there will be at least 5 lanes open for lap swimming.

**Location: Morgan Hill Aquatics Center**

Monday-Friday 5:00am-8:00am & 11:30am-1:30pm

Monday, Wednesday & Friday 5:00pm-8:00pm

Saturday 7:00am-10:00am

Updated schedule online at  
[www.mhaquaticscenter.com](http://www.mhaquaticscenter.com)

### CO-ED AQUATIC FITNESS CLASSES

All aquatics fitness classes are included as part of the CRC membership. Customers can also elect to pay a drop in fee to participate in classes.

**Location: Morgan Hill Aquatics Ctr & Centennial Recreation Ctr**

#### *Shallow Tone*

This shallow water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or tennis shoes are recommended.

#### *Beginner Sculpt*

A gentle cardiovascular and muscle toning class geared for the novice participant. Aqua socks or tennis shoes are recommended.

#### *Deep H2O Dynamics*

This class is designed for more proficient swimmers and is taught in 7ft. of water. Deep water aerobics with the assistance of cuffs and hand buoys will increase flexibility, strength, cardiovascular endurance, balance, and motor coordination in a non-impact environment.



### Child care while you work out.

Free to CRC Members  
drop in fee for non-members \$4.

Ages 6wks-12yrs.  
Parent/Guardian must remain in building at all times.

M-F 8:00am-8:00pm  
SA 8:30am-1:30pm  
SU 8:30am-12:00pm

Monthly Activity  
Calendar  
online at  
[www.mhcrc.com](http://www.mhcrc.com)

## GROUP EXERCISE CLASSES

The CRC offers a wide variety of fitness classes. We strive to accommodate all levels of fitness. If you are new to class, please let your instructor know. She/he may recommend appropriate modifications. You are encouraged to work out at your own pace.

Updated schedule at [www.mhcrc.com](http://www.mhcrc.com)



## FITNESS CENTER

Our Fitness Center offers Cybex strength equipment, Strive strength equipment, cardiovascular equipment which include treadmills, elliptical machines, cross trainers, adaptive motion trainers, step mills, and recumbent bikes. The fitness center offers expanded free weight and stretching areas. The CRC provides professionally trained staff who are there to assist you and help you reach your fitness goals.

### ***New Member Orientation***

One of the premium benefits of joining the CRC as a member is the opportunity to learn how to use our fully equipped Fitness Center to your best advantage. The CRC offers all Facility Members free one-on-one orientations with our trained fitness coaches. Make your appointment today at the Welcome Desk!

### ***FITLINXX***

FitLinxx is an interactive computerized fitness network designed to make sure you get a personalized workout each time you exercise. The system is designed to give you instant feedback while you exercise on the fitness equipment and for your fitness coach to monitor your progress and help you reach your fitness goals. Each piece of equipment works on a specific muscle group and is safe, effective and easy to use. Sign up now for a free orientation.

### ***GYMNASIUM***

The CRC offers a full court gymnasium. The gymnasium is available for open gym volleyball, basketball and badminton, and Youth and Adult Sports Leagues.

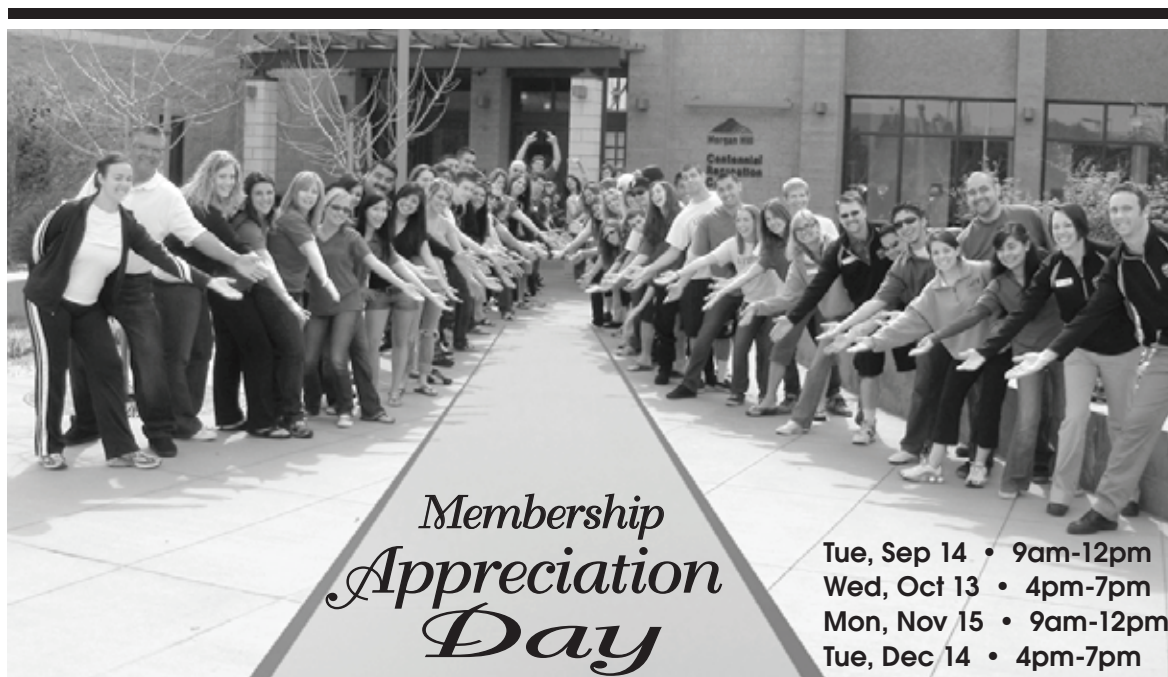
Updated schedule at [www.mhcrc.com](http://www.mhcrc.com)

## SKATEBOARD/BMX PARK

The park offers designated Skateboard and BMX days and times. See page 53 for full details.

Schedule at [www.mhrecreation.com](http://www.mhrecreation.com)

CRC MEMBERSHIP



*Membership  
Appreciation  
Day*

Tue, Sep 14 • 9am-12pm  
Wed, Oct 13 • 4pm-7pm  
Mon, Nov 15 • 9am-12pm  
Tue, Dec 14 • 4pm-7pm